



## INShape 150 - Final Issue

### Eight week wrap-up

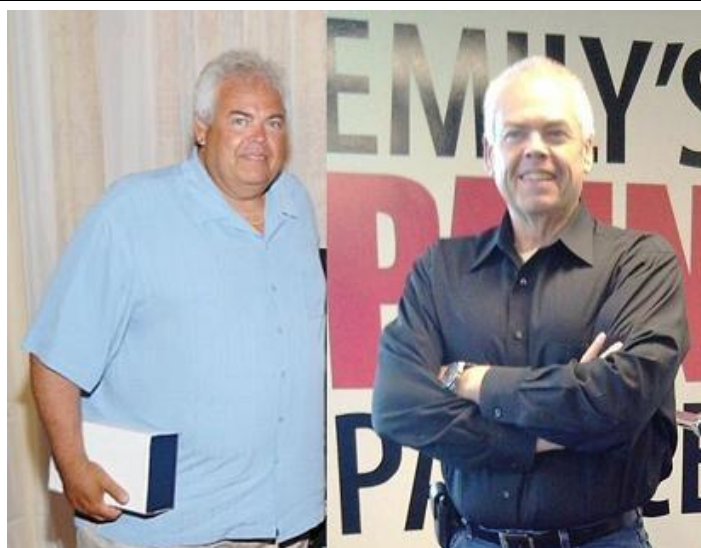
The past eight weeks have shown us the many benefits of staying physically active. We have learned about the importance of warming up properly, how strength training improves our metabolism, and how aerobic exercise helps increase the efficiency of our heart and lungs. The Center for Disease Control (CDC) recommends a minimum of 150 minutes of moderate physical

activity per week. That breaks down to 30 minutes of activity five days a week. This can be achieved by exercising in short 10 minute segments throughout the week. Three quick 10 minute walks during your day is all you need to maintain your current weight and fitness level.

Remember, 150 minutes is a **minimum** standard. We encourage you to meet the 150 minute mark and surpass it. Let's take a look at an INShape member who put healthy eating and increased physical activity into practice and achieved great results.

### Bert Aeschliman's Success Story (Photo Above)

In July 2008 my boss offered to reimburse me for the cost if I gave a 10 week commitment to healthy eating choices, and working with a personal trainer at my company three times per week. I accepted his offer, and that was the beginning of my lifestyle change. Hard work and



perseverance paid off; in nine months I have shed 87 pounds. I continue to work with our company's personal trainer as I near my ideal fitness goal. I find a lot of encouragement and strength through Governor Daniels' INShape Indiana campaign; an initiative to help all Hoosiers embrace a healthier lifestyle. The continual newsletters from INShape Indiana are a great source of exercise tips and nutritional information which help me maintain my focus. It is not just about weight loss, it is about enjoying life; one day, one meal, one workout at a time.

## **Eight Foods You Never Knew You Could (and Should) Be Eating!**

### **#8 Fennel**

Honored by Greeks and Romans for its medicinal and culinary uses, fennel is a vegetable native to the

Mediterranean. Fennel is unique as every part of the plant can be used in cooking, including: the root, stalks, fronds, seeds, and even the pollen. The root is a bright white bulb that is light and crunchy; it can be sautéed, steamed, roasted, baked, or eaten raw. A great way to enjoy fennel is to roast the bulbs with a bit olive oil and drizzle balsamic vinegar on top. Fennel has a flavor similar to licorice or anise and can bring a new dimension to your meals. Fennel not only has an amazing flavor, but it also possesses numerous health benefits. It's an extremely low-calorie food source loaded with fiber and vitamin C. However, fennel's most amazing property is a phytonutrient called anethole. Anethole has been shown to reduce inflammation and function as an anticancer agent. This little phytonutrient is also the reason that fennel is used to aid in digestive problems. Drinking fennel tea after meals is a great way to alleviate indigestion. Buy a fennel bulb at your local grocery and experiment with all the ways you can prepare and enjoy this healthy vegetable!



### **Sautéed Fennel**

1 tablespoon olive oil

2 garlic cloves, sliced

2 heads fennel, thinly sliced

kosher salt

fresh ground black pepper

splash of water

1.) Heat a medium sauté pan over medium-high heat. Add the oil, garlic, fennel, and stir to

combine. Season with salt and pepper, to taste.

2.) As the fennel starts to caramelize, add a splash of water to steam for 1 minute.

3.) Serve hot! This fennel is fabulous on the grill, too!

### **Eight Foods You Should be Eating Recap**

1. Greek Yogurt
2. Agave Nectar
3. Quinoa
4. Jicama
5. Edamame
6. Kefir
7. Bulgur
8. Fennel



### **Passport to Health Promotion**

INShape Indiana, Red Gold and Clarian Health are excited to launch the Passport to Health promotion in conjunction with the Year of Tomato at the 2009 Indiana State Fair. The goal of the Passport to Health is to educate fairgoers about healthy living and eating well. Fairgoers who visit 3 of the 4 healthy partner locations ([Click here for info](#)) during the Fair will have a chance to win the fantastic prizes below:

**Grand Prize: A one YEAR supply of Red Gold Tomato Products**

**Prize One: 4 Indianapolis Colts Tickets donated by Clarian Health**

**Prize Two: Tour of the Governor's Residence provided by First Lady Cheri Daniels donated by INShape Indiana**

Visit [www.redgold.com/fair](http://www.redgold.com/fair) for contest rules and information.